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Nutrition Can't Fix Everything: Your Genetics

In this final post on why nutrition can't fix everything, let's take a look at genetics. All things being equal, genetics—specifically minor mutations in our genes—is probably the biggest reason why nutrition can't fix everything. Here are a few examples to explain why it can't.

For someone with celiac disease, a genetic test can confirm the diagnosis. Once confirmed, the person should no longer eat any foods with gluten to avoid digestive issues. No other nutrient, enzyme, or probiotic can repair the gene. Nutrition can't fix it.



In last Saturday's message, I talked about having glaucoma. It's an inherited disease. My mother had it. There are no nutrients or supplements that can fix it. That doesn't mean the omega-3s and beta-carotene won't help with eye health, but they cannot reverse the glaucoma.

Those are pretty clear examples, but let me give you one that may be vague. Your body makes glucosamine and you can also take it as a dietary supplement. One of the things that happens next is that two glucosamine molecules are joined via an enzyme reaction to make chondroitin. If we have a mutation in the gene that produces that enzyme, we may not make as much chondroitin; in that case making or taking glucosamine doesn't help, but taking chondroitin may. What gene is responsible? We don't know yet.

There are thousands of enzyme actions that take place in the body every second. Some work at optimal levels while others may not. The right nutrition and supplements may help with symptoms, and they may fix some problems, but they cannot fix every problem. As research progresses, there will be new fields that may help with gene repair to actually fix the problems. We can eat healthier and take our supplements to deal with the symptoms, and that will have to suffice for now.

What are you prepared to do today?

Dr. Chet

P.S. If you usually listen to the posts, you probably noticed the audio version no longer available. I will make audios available once the new website launches in a few weeks, and I'll give you more information as the launch draws near.

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